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Treatment Plan

Name: Alexandra McPherson

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Supplement/Intervention	Treatment Objective	Morning Dose	Evening Dose
Seeking Health Prenatal	<i>Prenatal multi vitamin</i>	1 capsule with breakfast	
Meta Choline	<i>As important for the developing baby as is folate</i>	1 capsule with breakfast	1 capsule with dinner
Pete Evans Beef Liver	<i>Optimizing the absorption of the iron</i>	2 capsules	2 capsules
Ubiquinol	<i>Optimises egg quality</i>	1 capsule with breakfast	
NR Supreme	<i>Nourishes eggs</i>	1 capsule with breakfast	
Meta EPA DHA	<i>Fish oils for baby brain development</i>		2 capsules with dinner
RN Labs Calcium & magnesium	<i>Strengthens skeletal tissue, bone health in baby</i>		3 capsules with dinner <i>away from your beef liver and iron</i>
Ovulation Tonic	<i>Helps the body to ovulate</i>	8mls with breakfast	8mls with dinner
Mother & baby	<i>Probiotic</i>	1 capsule with breakfast	
Progest Fortify	<i>Helps your body to ovulate</i>	3 capsules with breakfast	

Action Plan

1. To the above, add in the Chinese Herbs as directed – they won't interact with anything. Don't take the Ovarianne
2. Discount for the Temp Drop <http://www.tempdrop.com/discount/WQU421ADAYXK5> - this is the device that tracks your temperature
3. Pan Do Mar Mackerel Fillets for Natalia
4. Bloods to get done: ***FBC, eLFTs, B12, Folate, Iron Studies, FSH, LH, Oestrogen, Progesterone, Homocysteine – fasting and first thing in the morning***
5. If you fall pregnant, make a time to see me otherwise I would like you on the above for a couple of months before retesting bloods